

# Oil, canola

Refuse: 0%

Common Name: *low erucic acid rapeseed oil*

NDB No: 04582 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error	1.00 X 1 tbsp ----- 14g	1.00 X 1 tsp ----- 4.5g
<b>Proximates</b>						
Water	g	0.00	5	0.000	0.00	0.00
Energy	kcal	884	0	0.000	124	40
Energy	kJ	3699	0	0.000	518	166
Protein	g	0.00	4	0.000	0.00	0.00
Total lipid (fat)	g	100.00	8	0.000	14.00	4.50
Ash	g	0.00	4	0.000	0.00	0.00
Carbohydrate, by difference	g	0.00	0	0.000	0.00	0.00
Fiber, total dietary	g	0.0	0	0.000	0.0	0.0
Sugars, total	g	0.00	0	0.000	0.00	0.00
<b>Minerals</b>						
Calcium, Ca	mg	0	0	0.000	0	0
Iron, Fe	mg	0.00	0	0.000	0.00	0.00
Magnesium, Mg	mg	0	0	0.000	0	0
Phosphorus, P	mg	0	0	0.000	0	0
Potassium, K	mg	0	0	0.000	0	0
Sodium, Na	mg	0	0	0.000	0	0

Zinc, Zn	mg	0.00	0	0.000	0.00	0.00
Copper, Cu	mg	0.000	0	0.000	0.000	0.000
Manganese, Mn	mg	0.000	0	0.000	0.000	0.000
Selenium, Se	mcg	0.0	0	0.000	0.0	0.0
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.0	0	0.000	0.0	0.0
Thiamin	mg	0.000	0	0.000	0.000	0.000
Riboflavin	mg	0.000	0	0.000	0.000	0.000
Niacin	mg	0.000	0	0.000	0.000	0.000
Pantothenic acid	mg	0.000	0	0.000	0.000	0.000
Vitamin B-6	mg	0.000	0	0.000	0.000	0.000
Folate, total	mcg	0	0	0.000	0	0
Folic acid	mcg	0	0	0.000	0	0
Folate, food	mcg	0	0	0.000	0	0
Folate, DFE	mcg_DFE	0	0	0.000	0	0
Choline, total	mg	0.2	0	0.000	0.0	0.0
Betaine	mg	0.0	1	0.000	0.0	0.0
Vitamin B-12	mcg	0.00	0	0.000	0.00	0.00
Vitamin B-12, added	mcg	0.00	0	0.000	0.00	0.00
Vitamin A, RAE	mcg_RAE	0	0	0.000	0	0
Retinol	mcg	0	0	0.000	0	0
Carotene, beta	mcg	0	0	0.000	0	0
Carotene, alpha	mcg	0	0	0.000	0	0
Cryptoxanthin, beta	mcg	0	0	0.000	0	0

Vitamin A, IU	IU	0	0	0.000	0	0
Lycopene	mcg	0	0	0.000	0	0
Lutein + zeaxanthin	mcg	0	0	0.000	0	0
Vitamin E (alpha-tocopherol)	mg	17.46	10	0.424	2.44	0.79
Vitamin E, added	mg	0.00	0	0.000	0.00	0.00
Tocopherol, beta	mg	0.01	11	0.000	0.00	0.00
Tocopherol, gamma	mg	27.34	11	2.728	3.83	1.23
Tocopherol, delta	mg	0.99	11	0.075	0.14	0.04
Vitamin D (D2 + D3)	mcg	0.0	0	0.000	0.0	0.0
Vitamin D	IU	0	0	0.000	0	0
Vitamin K (phylloquinone)	mcg	71.3	4	5.102	10.0	3.2
Dihydrophylloquinone	mcg	0.0	4	0.000	0.0	0.0
Menaquinone-4	mcg	0.0	4	0.000	0.0	0.0
<b>Lipids</b>						
Fatty acids, total saturated	g	7.365	0	0.000	1.031	0.331
4:0	g	0.000	0	0.000	0.000	0.000
6:0	g	0.000	0	0.000	0.000	0.000
8:0	g	0.000	4	0.000	0.000	0.000
10:0	g	0.000	4	0.000	0.000	0.000
12:0	g	0.000	4	0.000	0.000	0.000
14:0	g	0.000	4	0.000	0.000	0.000
15:0	g	0.000	4	0.000	0.000	0.000
16:0	g	4.298	4	0.021	0.602	0.193

17:0	g	0.000	4	0.000	0.000	0.000
18:0	g	2.087	4	0.014	0.292	0.094
20:0	g	0.650	4	0.004	0.091	0.029
22:0	g	0.330	4	0.002	0.046	0.015
Fatty acids, total monounsaturated	g	63.276	0	0.000	8.859	2.847
14:1	g	0.000	4	0.000	0.000	0.000
15:1	g	0.000	4	0.000	0.000	0.000
16:1 undifferentiated	g	0.214	4	0.001	0.030	0.010
17:1	g	0.000	4	0.000	0.000	0.000
18:1 undifferentiated	g	61.744	4	0.338	8.644	2.778
18:1 c	g	61.714	4	0.354	8.640	2.777
18:1 t	g	0.030	4	0.030	0.004	0.001
20:1	g	1.317	4	0.015	0.184	0.059
22:1 undifferentiated	g	0.000	0	0.000	0.000	0.000
20:2 n-6 c,c	g	0.000	4	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	28.142	0	0.000	3.940	1.266
18:2 undifferentiated	g	19.005	4	0.144	2.661	0.855
18:2 n-6 c,c	g	18.640	4	0.147	2.610	0.839
18:2 t,t	g	0.365	4	0.073	0.051	0.016
18:3 undifferentiated	g	9.137	49	0.000	1.279	0.411
18:3 n-3 c,c,c (ALA)	g	9.137	4	0.000	1.279	0.411
18:3 n-6 c,c,c	g	0.000	4	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:3 undifferentiated	g	0.000	4	0.000	0.000	0.000

20:4 undifferentiated	g	0.000	4	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	0	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	0	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	0	0.000	0.000	0.000
Fatty acids, total trans	g	0.395	0	0.000	0.055	0.018
Fatty acids, total trans-monoenoic	g	0.030	0	0.000	0.004	0.001
Fatty acids, total trans-polyenoic	g	0.365	0	0.000	0.051	0.016
Cholesterol	mg	0	0	0.000	0	0
Stigmasterol	mg	3	4	0.167	0	0
Campesterol	mg	241	4	9.056	34	11
Beta-sitosterol	mg	413	4	14.560	58	19
<b>Other</b>						
Alcohol, ethyl	g	0.0	0	0.000	0.0	0.0
Caffeine	mg	0	0	0.000	0	0
Theobromine	mg	0	0	0.000	0	0

**Footnotes:**

1 Other phytosterols and phytostanols identified include: beta-sitosterol (0.925 mg), campestanol (0.811 mg) and delta-5 avenasterol (11.721 mg)

**USDA National Nutrient Database for Standard Reference, Release 23 (2010)**